

# NAVAL SPECIAL WARFARE CENTER MEDICINE AND DIETARY SUPPLEMENT POLICY

## A. INTRODUCTION

This policy sheet provides the NSWCC, SWCC, BUD/S and SQT student or trainee with guidelines on medicine and supplement use.

## B. MEDICATION POLICY

***All medication (to include over-the-counter)*** will be cleared by the NSWCC Medical Department and/or assigned NSWCC hospital corpsmen instructor staff prior to use or storage within barracks, automobiles, etc. This includes all prescription and non-prescription medication(s) prescribed by another (civilian or military) medical, dental or other health care provider, holistic practitioner, etc.

## C. DIETARY SUPPLEMENT POLICY

1. Individually packaged (single serving) Gatorade or PowerAde electrolyte (salt) replacement drinks are allowed.
2. Only vitamins dispensed by NSWCC Medical will be used if you desire a multi-vitamin supplement.
3. Protein powder, although discouraged, may be used. The product must be in single serving packets, (i.e. myoplex envelopes) and must be cleared and stamped by NSWCC Medical prior to use and storage within barracks, automobiles, etc.
4. Glucosamine and Chondroitin Sulfate will be prescribed by NSWCC Medical Officers for staff / students / trainees with extensive (documented) joint and cartilage disorders on a case-by-case basis.

#### **D. PROHIBITED SUPPLEMENTS AT NSWC AND BUD/S**

***All other supplements are strictly prohibited.*** This includes all herbal and non-herbal supplements in addition to: Anabolic steroids, creatine, ephedrine/ephedra containing compounds, metabolic boosters, Ma Huang, Guarana, DHEA, etc...

#### **E. ALLOWED DIETARY SUPPLEMENTS AT NSWC AND BUD/S**

In general, the NSWC student / trainee will learn proper nutrition by focusing on quality foods with high nutritional value (i.e. boiled eggs, tuna fish, lean meats, fresh fruits and vegetables, peanut butter, breads and cereals, cheese, yogurts and other dairy products, milk, etc...). Navy chow halls / messing facilities provide more than adequate macronutrients for the demands of BUD/S, SWCC, SQT and other NSWC courses. ***All NSWC students / trainees are allowed double quantity food rations during scheduled chow hall hours – just politely ask your server to double your rations.***

***Train smarter, not poorer*** –do not fall prey to the dietary and sports nutrition industry. Your UDT/Frogman and Special Boat Service forefathers did not need supplements and neither do you!